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THE ICELANDIC DIALOGUES: HEALING THE HEALERS LOVE, LAUGHTER, & COMPASSION

Eleventh International Conference, October 8–10, 2010

by Lilja Petra Ásgeirsdóttir

Lilja Petra Ásgeirsdóttir, is an integrative health coach who uses MetaMedicine. Lilja and TMI professional member Jacqueline Mast, PT, MsEd, have been co-organizers for The Icelandic Dialogues conferences since their inception. The evocative illustration below is used by permission of artist Paula Green. You can see more of Paula's work at Peagreen Cards.



Iceland is well known for its volcanic and thermal power. Less known is the creativity and spirituality of the people. The people are like the land they live on. They have inner power and stamina. They are warm and friendly when you get to know them.

Many who visit the country fall in love with it and must come back to rejuvenate, recharge, and be reborn. As Brian Dailey, MD, a former conference keynote speaker said recently: “This is one of my favorite conferences in the world, my fifth time! Last time we spent several hours in the 110-degree-Fahrenheit, mineral-laden waters of the Blue Lagoon while having massage, Reiki, and craniosacral treatments. The food is outstanding, and Kriunes, where we are staying, is breathtaking! The morning sunrise is the screensaver on my computer.”

Now you can also experience one of most inspirational and educational conferences ever in a land that crosses the North American and European tectonic plates. “Healing the Healers”

promotes healing of mind, body, and spirit through medicine and beyond. Brilliant minds come together to teach and practice multidisciplinary methods for healing and well-being.

This year's conference focuses on love, laughter, and compassion. The joyful and loving pastor and healer Rick Patterson from Florida joins with Bill Mast, whose focus is "Healing the Earth: Environmental Sustainability."

Using the plentiful thermal water and the wisdom of Sarah Pierce and Robin Matthews, we will awaken our inner power and clear out clutter from this lifetime and beyond while floating in the Blue Lagoon and experiencing *alo in aqua* (healing in water).

We will use laughter to heal and enhance inner joy and lift our spirits to new heights under the guidance of Les Moore, naturopathic physician and acupuncturist, and also awaken our bodies and minds each morning with oriental exercises after being swept off our feet by Ove Svenson, Swedish shaman and flautist. Physiotherapist Anna Katrín Osteen will lead us through Inner Smile practice.

Unconditional Love is the power that can change anything and everything. Within love there is laughter, joy, and compassion. It transmutes fear and all the aspects of it, such as anxiety, depression and *disease*. Throughout the conference there will be time for free-flowing healing sessions, as well as group and individual sessions. Each participant brings his own knowledge and gets an opportunity to learn from others.

Just being in Iceland is an experience of the power of our living Earth. From March to May 2010, Eyjafjallajökull sent forth volcanic activity from an inner depth of twenty-five kilometers up to the sky above the earth. This eruption affected millions of people and kept them grounded for a few days. Lack of air flights created an unusual silence. Many people not only experienced tranquility and peace that had been missing from their lives but also inner fear, frustration, and anger. Iceland's volcanic event is a reminder that we are, indeed, all connected—that we cannot be isolated in our small corner of earth thinking no one will notice.

From the earth comes the crystalline form of quartz that has the ability to channel and enhance energies to heal and aid us. The wonderful physician and laser engineer Brian Dailey will share his knowledge of using crystals to bring wholeness to body, mind, and spirit.

Psychologist Eygló Guðmundsdóttir will tell us joyfully what it feels like to be a parent of a child who survived cancer. She is working on a doctoral dissertation about parents' psychosocial situation after having a child diagnosed with cancer.

This conference provides caregivers a time to step back and thoughtfully experience practices to enhance their lives and their abilities to give of themselves.

Pre- and post-conference tours are available with Lilja Petra Ásgeirsdóttir, Icelandic tour guide, healer, and integrative health coach. Past preconference tours allowed the international attendees to bond through the experience of energy lines (ley lines) and nature spirits, as well as meeting creative artists and healers. They meditated between the North American and the European tectonic plates and absorbed the power of the ocean and thermal water. This year's tours feature the volcano Eyjafjallajökull, waterfalls, and visits to an herbalist, thermal pools, and an eco village. We may even bathe in water-ash pools at the base of the volcano!

If this description entices you, visit [healinghealers . com](http://healinghealers.com) for more information.

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